



## RISKS ASSOCIATED WITH ADULT OBESITY

Obesity is a serious health condition that can put you at risk of developing many health problems. Type 2 diabetes, heart disease, high blood pressure, and stroke are just a few of the many health issues associated with obesity. It is also linked to higher rates of certain types of cancer. Men who are considered obese are more likely than non-obese men to develop cancer of the colon, rectum, or prostate. Women who are considered obese are more likely than non-obese women to develop cancer of the gallbladder, uterus, cervix, or ovaries. Esophageal cancer has also been associated with obesity.

Other diseases and health problems linked to obesity include:

- Gallbladder disease and gallstones
- Fatty liver disease (also called nonalcoholic steatohepatitis or NASH)
- Gastroesophageal reflux, or what is sometimes called GERD; this problem occurs when the lower esophageal sphincter does not close properly and stomach contents leak back—or reflux—into the esophagus
- Osteoarthritis, a disease in which the joints deteriorate is possibly the result of excess weight on the joints
- Gout, another disease affecting the joints
- Pulmonary (breathing) problems, including sleep apnea, which causes a person to stop breathing for a short time during sleep
- Reproductive problems in women, including menstrual irregularities and infertility
- Unfavorable blood lipid levels

*DON'T FORGET TO STRETCH!*